

## Doctors Say: Take This for Your Liver and Bowels

Don't take Calomel, Salts, Oils or harsh cathartics when you run to any local drug store in town and get a box of pure, safe, blood-purifying **HOT SPRINGS LIVER BUTTONS** for only 25 cents. They never fail.

One touch means satisfaction in the morning. They are the product of the greatest medical minds at the world's great Sanatorium and are now offered to you as a perfect remedy for constipation, torpid liver, sick headache, coated tongue and dizziness.

They are a fine tonic, too; they drive impure matter from the blood, give you a vigorous appetite and good digestion and make the bowels and stomach clean and antiseptic. Money back if they are not simply splendid!

Free sample and 100 of our 17,000 testimonials from Hot Springs Chemical Co., Hot Springs, Ark.

Daily Thought.

Faith is a higher faculty than reason.—Haley.

Red Cross Ball Blue, all blue, best blue value in the world, makes the laundress smile. Adv.

The Idea.

"There ought never to be an electrical overcharge possible."

"Why not?"

"Because it has to be supplied at current prices."

Important to Mothers

Examine carefully every bottle of **CASTORIA**, a safe and sure remedy for infants and children, and see that it bears the

Signature of *Chas. H. Fletcher* In Use For Over 30 Years. Children Cry for Fletcher's Castoria

An Optimist.

Sammy was not prone to exert himself in the classroom, explains Lippincott's Magazine; consequently his mother was both surprised and delighted when he came home one noon with the announcement, "I got one hundred this morning."

"That's lovely, Sammy!" exclaimed his proud mother. "What was it in?"

"Fifty in reading and fifty in arithmetic," was Sammy's prompt reply.

Wild Honey.

The honey that comes out of a bee tree is not always as sweet as the old-time complement, "sweet as a bee tree," might lead one to suppose. The bees that run wild do not seem to have the fine taste in nectar that their domesticated cousins have. Sometimes there are poisonous spots in wild honey—at least there are legends to that effect—and often, if the colony is old and the comb large, the honey is black as night.

But the bee hunter now, alas, to be classed with professionals that have passed on, cared little about discoloration and worried not at all about poison. To find a bee tree meant the exercise of keen eyesight, woodcraft, patience and judgment. The wandering bee seemed to have a prejudice against going straight to the hive. He meandered along from flower to flower, stopped to talk or fight with a fellow bee, or, if he knew he was being followed, dived into thickets and hummed straight across some bottomless bog. So when the right tree was located and the comb laid bare, it was well won. It was as treasure trove, earned by the blisters on the shoveler's hands.

SPEAKS FOR ITSELF

Experience of a Southern Man.

"Please allow me to thank the originator of Postum, which in my case, speaks for itself," writes a Fla. man. "I formerly drank so much coffee that my nervous system was almost a wreck." (It is just as injurious because it contains caffeine, the drug found in coffee.) "My physician told me to quit drinking it but I had to have something, so I tried Postum."

"To my great surprise I saw quite a change in my nerves in about 10 days. That was a year ago and now my nerves are steady and I don't have those bilious sick headaches which I regularly had while drinking coffee."

"Postum seems to have body-building properties and leaves the head clear. And I do not have the bad taste in my mouth when I get up mornings. When Postum is boiled good and strong, it is far better in taste than coffee. My advice to coffee drinkers is to try Postum and be convinced."

Name given by Postum Co., Battle Creek, Mich. Write for copy of the little book, "The Road to Wellville."

Postum comes in two forms: Regular Postum—must be well boiled.

Instant Postum is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. Grocers sell both kinds.

"There's a reason" for Postum.

## POULTRY FACTS



### WHITE LEGHORNS FOR EGGS

Good Strain of Breed With Good Care and Fed Ration Given Here—Will Prove Profitable.

(By J. H. ELSTON, Caldwell, Idaho.)  
The man or woman who has decided to go into the poultry business will make no mistake in selecting the Single Comb White Leghorn, especially if he wishes to follow the branch devoted to egg farming, with the sale of breeding stock and eggs for hatching.

There is a decided difference in White Leghorns. Those that are line-bred for exhibition purposes only, are seldom the large, hardy, persistent layers as those selected and bred for egg production, but standard qualifications need not and should not be neglected even if our aim is a greater production of eggs.

In securing eggs when prices are high, the housing and feeding plays an important part. We should have good warm houses with plenty of fresh air, with plenty of room for exercise, as a busy hen is the one that fills the egg basket. They are inexpensive, three sides and roof covered



Prize Winning White Leghorn Cock.

with prepared roofing which makes them wind and rain proof. The south side has a curtain front, the curtain being closed only on cold nights.

In winter I feed grain morning and night scattered in a heavy straw litter on the floor. The exercise of scratching for the grain in early morning warms the birds and they are hungry and in good shape for a dinner of the warm mash. The mash has for a base alfalfa, chopped fine and steamed; with this is mixed wheat bran, ground oats, wheat and corn to which is added meat meal, whenever possible milk is also added. About twice a week boiled potatoes are used in place of the alfalfa.

If one has a good strain of White Leghorns with proper care and fed the above ration they should have a good supply of winter eggs.

### CULLING MAKES FINE FOWLS

Runts and Deformed Birds Should Be Disposed of Immediately to Make Room for Good Ones.

The first great secret in the production of fine poultry is severe culling. As soon as you can distinguish between the good and the bad, commence the culling process. The runts and the deformed, the off-colored and the disqualified, should be at once disposed of, so that the room and feed may not be appropriated by them to the detriment of the good ones.

Select fowls of good size, proper color and correct formation. If the backs, keels, legs or toes of any are crooked or deformed, thrown them out for the table on the market. If there are any scrubs, small or feeble ones, it is best to end their existence.

When you cull, cull closely, and retain only such specimens as are reasonably sure to grow right. It is only by such systems of severe culling that one can ever hope to breed reasonably uniform specimens of fancy poultry.

### Spread of Contagion.

Drinking water in poultry houses is one cause of the rapid spread of contagious diseases, such as roup. An affected hen when she places her beak in the water to get a drink, contaminates all the water. Then, when healthy hens drink from this water supply they become exposed to whatever disease the sick hen has.

## OTHERS SLEPT SHE WORKED

While Others Were Fast Asleep, Mrs. Sanders Would Often Get Out of Bed and Do Sewing.

Cadiz, Ky.—"I was in a terrible condition, caused from nervousness," says Mrs. Boon Sanders, of this place. "At times, last spring and summer, I did not get any rest at night; could not sleep at all. Very often I would get out of my bed and do some of my sewing, while the rest of the family were fast asleep."

One of my lady friends advised me to take Cardui, the woman's tonic. Just as soon as I commenced taking it, I began resting better. After taking four bottles, I now feel better, and get perfect rest and plenty of sleep. I am doing every bit of my housework now, and although I am small, I feel very strong in every way.

You may publish this letter if you wish, and I hope all women, who suffer as I did, will try Cardui and get relief."

If you are nervous, run-down, discouraged, fagged out, don't give up—try Cardui, the woman's tonic. This great medicine has been used for more than half a century by thousands and thousands of women, and has been found to be a specific, building medicine for nearly all the ills from which women suffer.

Cardui, being composed of harmless vegetable ingredients, cannot possibly harm you, and is almost certain to help you. Try it.

All druggists sell Cardui.

N. B.—Write to: Chattanooga Medicine Co., Ladies' Advisory Dept., Chattanooga, Tenn., for special instructions on your case and 64-page book, "Home Treatment for Women," sent in plain wrapper. Adv.

### Suburban Depravity.

Native—Yes, sir, he may be the richest man in town, but he does a lot to disturb the peace.

Visitor—Is he dissipated?

Native—No, 'tain't that, but he practically supports the village brass band.

## ENDS DYSPEPSIA, INDIGESTION, GAS

"Pape's Diapepsin" cures sick, sour stomachs in five minutes—Time It!

"Really does" put bad stomachs in order—"really does" overcome indigestion, dyspepsia, gas, heartburn and sourness in five minutes—that—just that—makes Pape's Diapepsin the largest selling stomach regulator in the world. If what you eat ferments into stubborn lumps, you belch gas and eructate sour, undigested food and acid; head is dizzy and aches; breath foul; tongue coated; your insides filled with bile and indigestible waste, remember the moment "Pape's Diapepsin" comes in contact with the stomach all such distress vanishes. It's truly astonishing—almost marvelous, and the joy is its harmlessness.

A large fifty-cent case of Pape's Diapepsin will give you a hundred dollars' worth of satisfaction.

It's worth its weight in gold to men and women who can't get their stomachs regulated. It belongs in your home—should always be kept handy in case of a sick, sour, upset stomach during the day or at night. It's the quickest surest and most harmless stomach doctor in the world—Adv.

### Nice and Easy.

"Is it hard to learn to swim?" asked the sweet young thing. "Dear me, no," replied the more experienced sweet young thing. "I learn every year."—Detroit Free Press.

### JUDGE CURED, HEART TROUBLE.

I took about 6 boxes of Dodds Kidney Pills for Heart Trouble from which I had suffered for 5 years. I had dizzy spells, my eyes puffed, my breath was short and I had chills and backache. I too, pills about 2

ago and have no return of palpitations. Am now 63 years old, able to do lots of manual labor, am well and hearty and weigh about 200 pounds. I feel very grateful that I found Dodds Kidney Pills and you may publish this letter if you wish. I am serving my third term as Probate Judge of Gray Co.

Yours truly,  
PHILIP MILLER, Cimarron, Kan.  
Correspond with Judge Miller about this wonderful remedy.

Dodds Kidney Pills, 50c. per box at your dealer or Dodds Medicine Co., Buffalo, N. Y. Write for Household Hints, also music of National Anthem (English and German words) and recipes for dainty dishes. All 3 sent free. Adv.

A bride thinks her husband unreasonable if he expects her to be reasonable.

## FOR NURSERY EATING

DELICIOUS PUDDINGS SUITED TO THE SMALL PEOPLE.

Grownups Also Will Enjoy These Recipes, Which Are of the Best—Lemon Rice Compound Especially Recommended.

Delicious Indian Pudding—Three cups of boiling water (in spider), one cup of meal added slowly, stirring and cooking well; put same into pudding dish and add one cup of molasses, two eggs well beaten, half a cup of brown sugar, pinch of ginger, salt to suit taste and one quart of milk, and after cooking some time add another pint of milk, and be sure not to stir, bake all day at back of oven. This has been served at church suppers, clambakes and even banquets. Will come out of oven a deep red and rich with jelly. Served with cream is delicious, but eaten plain suits me.

Mother's Gingerbread Pudding—One cup of sweet milk, half a cup of molasses, half a cup of seedless raisins, chopped fine, half a cup of butter or suet (if the latter chop fine), half a teaspoon ground clove, nutmeg and cinnamon, one teaspoon of soda dissolved in a little water; mix stuff as pancakes and pour into covered pails; steam two and one-half hours. To be eaten with sour sauce.

Lemon Pudding—Soak for one-half hour a pint of bread crumbs in one quart of milk, then add the grated rinds of two lemons, one cup of sugar, yolks of two eggs and pinch of salt and tablespoon of butter. Bake until done and cool just a little, and frost with the whites of two eggs beaten to a stiff froth first, then add one cup of sugar and juice of one lemon. Beat all together. Spread on pudding, set in oven and brown just a little.

Delicious Orange Pudding—Pare and slice five oranges, lay in deep dish and sprinkle with one-half cup granulated sugar, let stand two hours. Make a custard of one pint of sweet milk, yolks of two eggs, two tablespoons of corn starch. Stir custard to make it smooth. When cool pour over the oranges. Beat the whites to a stiff froth, add two tablespoons of powdered or granulated sugar, place over custard and brown quickly in oven. Serve hot or cold. It is delicious either way.

Marshmallow Pudding—One pound of marshmallows, one can peaches, chopped and mixed together with one pint of whipped cream. This makes a delicious pudding. Try it.

Lemon Rice Pudding—One cup of boiled rice, one pint of milk, grated rind of a lemon, butter size of an egg, yolks of three eggs. Bake 20 minutes, frost with the whites of the eggs beaten with one-half pound of granulated sugar and juice of the lemon just after taking from the oven; return and brown lightly in a moderate oven. Very nice.

Corn Starch Pudding—One pint of milk, heated to boiling, stir in white of one egg, half a cup sugar, three even tablespoons corn starch, teaspoon vanilla and a little milk mixed together; boil until it thickens. Pour into small molds. Serve cold with following sauce: Into one cup boiling milk stir one level teaspoon corn starch, yolk of one egg, quarter of a cup of sugar, teaspoon coconut and a little cold milk mixed together. Let cook five minutes. Delicious.

### Curry of Veal.

Two tablespoons butter or drippings, one and one-half onion, chopped; one stock with three tablespoons flour teaspoon curry powder, salt and pepper.

Fry the onions in the butter or drippings, remove and fry the veal until it is brown. Transfer to a double boiler, cover with milk and cook until the meat is tender. Add the curry powder a short time before the meat is done and thicken the milk with flour before serving.

### Tomatoes on Toast

Here is rather a nice recipe in which to use tomatoes. One quart canned tomatoes, 1 medium size onion, 1 cup grated cheese, 1 dessert spoon sugar, butter size of a large walnut, 1-3 cup flour, thickening, salt and pepper to taste. Put tomatoes into a kettle, allow to simmer for 15 minutes, then grate in onion, cook five minutes, add sugar salt and pepper, then the cheese and thickening; lastly the butter. Having placed several slices of toast on a deep platter, pour mixture over same and serve at once.

### Ham as a Baster.

When about to roast a joint cover it with a rind saved from a piece of ham or bacon, and cook with it on, says the Philadelphia Times. This will save the trouble of constant basting and will prevent the joint from burning or drying.

### Stove Polish.

To give a stove a lasting and brilliant polish take beeswax and rub over stove while warm enough to melt wax. Rub well with a flannel cloth or old stocking.

## GIRLS! GIRLS! TRY IT, BEAUTIFY YOUR HAIR

Make It Thick, Glossy, Wavy, Luxuriant and Remove Dandruff—Real Surprise for You.

Your hair becomes light, wavy, fluffy, abundant and appears as soft, lustrous and beautiful as a young girl's after a "Danderine hair cleanse." Just try this—moisten a cloth with a little Danderine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair of dust, dirt and excessive oil and in just a few moments you have doubled the beauty of your hair.

Besides beautifying the hair at once, Danderine dissolves every particle of dandruff; cleanses, purifies and invigorates the scalp, forever stopping itching and falling hair.

But what will please you most will be after a few weeks' use when you will actually see new hair—fine and downy at first—yes—but really new hair—growing all over the scalp. If you care for pretty, soft hair and lots of it, surely get a 25 cent bottle of Knowlton's Danderine from any store and just try it. Adv.

### Business Was Bad.

"Crazy as a loon!"

"What makes you think so?"

"He tried to operate a hotel cigar stand without selling stamps."

### Causes Further Talk.

Because so many people are telling their experience with Hunt's Lightning Oil for Headaches, Rheumatism, Neuralgia, etc., others are led to give it a trial, and are convinced immediately of its merit as a pain killer. Are you yet to be convinced? Ask the druggist. Adv.

One thing this groaning old country needs is a union suit guaranteed not to skid.—Columbus Journal.

## "Don't Mope"

just because your appetite is poor, the digestion weak and the bowels constipated. What you need just now is a short course of

## HOSTETTER'S STOMACH BITTERS

It tones and strengthens the

"inner man" and helps you back to perfect health and happiness. But be positive you get

"Hostetter's"

## WEST INDIES AND THE PANAMA CANAL

### FOUR CRUISES

FROM NEW ORLEANS

to Kingston, Colon (Panama Canal) and Havana.

By S. S. FUERTS BISMARCK

JAN. 24 FEB. 12

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15 DAYS EACH COST \$125 AND UP

SIX CRUISES leaving NEW

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Send for booklet stating cruise.

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## Pain in Back and Rheumatism

are the daily torment of thousands. To effectually cure these troubles you must remove the cause. Foley Kidney Pills begin to work for you from the first dose, and exert so direct and beneficial an action in the kidneys and bladder that the pain and torment of kidney trouble soon disappears.

## ELECTRIC MOTORS

and machinery repaired and rebuilt as good as new. Write for price and give full description of trouble. S.W. ELECTRIC, 28 N. Harvey, Oklahoma City, Okla.

FAMOUS Uvalde County new crop pecans, nice size in 10-lb. sacks, 50 cents. F.O.B. Uvalde. Satisfaction guaranteed. H. C. Barkley, Uvalde, Tex.

Pettit's Eye Salve QUICK RELIEF EYE TROUBLES

FARM FOR SALE No dross, no snow. W. A. BASTY, PERRISVILLE, FLORIDA